

ACLE FRESSSH MENU - SEPTEMBER 2020



Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Tomato and Meatball Sub with Cheese		✓					✓							
(v) Mac 'n' Cheese with Rocket and Crispy Onions		✓					✓							
Tuesday														
Sri Lankan Chicken Curry														✓
VEGAN Sri Lankan Chickpea, Spinach and Sweet Potato Curry														✓
Steamed Rice														
Naan Bread		✓					✓							
Wednesday														
Smokey BBQ Chicken and Bacon Melt							✓							
(v) Smokey BBQ Quorn Fillet				✓			✓							
Herby Diced Potatoes		✓												
Peas														
Thursday														
Spaghetti Carbonara		✓												
(VEGAN) Spicy Bean Chilli with Shredded Salad Wrap		✓							✓					
Garlic Bread		✓												
Friday														
Battered Fish		✓			✓									
(VEGAN) Vegetarian Sausage		✓											✓	✓
Chunky Chips														

Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Fragrant Keralan Chicken Curry														✓
(VEGAN) Fragrant Keralan Vegetable Curry														✓
Rice														
Tuesday														
Spaghetti Bolognese		✓												
(v) Roasted Mediterranean Vegetable Wrap		✓												
Garlic Flatbread		✓												
Wednesday														
Cottage Pie		✓												
(v) Vegetable Cottage Pie		✓												
Seasonal Vegetables														
Thursday														
Swedish Style Meatballs in Gravy		✓		✓			✓						✓	
Steamed Rice														
(VEGAN) Sweet Chilli Vegetables and Rice Noodles														
Friday														
Battered Fish		✓			✓									
Chunky Chips														
Chips with Cheese and Beans							✓							

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Jacket Potato Option														
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Cheese							✓							
Baked Beans														
Dessert of the Day Option														
Fruit Pot														
Brownie		✓		✓										
Chewy Popcorn Bar							✓							
Lemon Curd Muffin		✓					✓							
Victoria Slice		✓		✓										
Apple Flapjack		✓												

Norse kitchens are nut-free environments and every precaution is taken to eliminate the likelihood of cross-contamination of allergens within kitchens, we are unable to guarantee a 100% allergen free environment